

# MAKING BISCUITS



• Delicious Recipes •  
Biscuits, Muffins,  
Quick Breads.

ROYAL BAKING POWDER CO.  
*New York, U.S.A.*

*ASK any man if he'd  
like hot biscuits for  
Supper - - - !!*

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**Make Your Biscuits This New Way**  
***In 10 Minutes You Can Have Delicious***  
**Hot Biscuits for Sunday Supper**

**H**OT biscuits for Sunday night supper! Haven't you often wanted to delight your family and friends with such a treat but hesitated because you thought it would take up too much of your Sunday afternoon? Make them this new way and in only 10 minutes' time on Sunday you can have a plateful of biscuits as delicious and beautifully raised as any you ever saw!

*Mix them Saturday—bake them Sunday*

Take a few minutes Saturday morning to mix and cut a pan of Royal biscuits. Slip them into the ice-box or set them aside in a very cold place. Sunday when supper time comes pop them into the oven and they are ready by the time the table is set!

Because two leavening agents are combined in Royal, your biscuits begin to rise as soon as the dough is mixed. Then a second rising takes place when the biscuits are put into the oven. This double acting quality makes it possible for you to bake Royal biscuits immediately or to keep the biscuit dough all ready mixed for baking several hours later or even the next day.

When you see how little time and trouble it takes to have hot biscuits for supper, you will want them often! With coffee, tea, chocolate, or milk; one main dish which may be meat, fish, or salad and *hot biscuits* you have a delicious meal for family and guests.

## What Is The Royal Master Recipe For Biscuits?

First—it is a recipe endorsed by expert cooks for making delicious hot biscuits.

Second—it may be used as a foundation recipe for the more than a dozen different biscuit delicacies suggested on the next pages.

Third—you can keep the dough made from this recipe in the ice-box or in some other very cold place until you are ready to bake it. Biscuit dough made with Royal and kept in this way makes as wonderfully light and delicious biscuits as those baked immediately after mixing.

## SEVEN GUIDES TO GOOD BISCUITS

1. Use Royal Baking Powder.
2. Use a good grade of bread flour.
3. Use level measurements.
4. For shortening use any good solid fat or cooking oil—butter is not necessary—oil simplifies the process, as it measures and mixes more easily.
5. Handle as lightly and as little as possible.
6. Bake in a “quick” or hot oven.
7. A steel fork makes mixing much easier.

**10 Minutes to Make—10 Minutes to Bake!**



## THE ROYAL MASTER RECIPE FOR BAKING POWDER BISCUITS

2 cups flour  
4 teaspoons Royal  
    Baking Powder  
 $\frac{1}{2}$  teaspoon salt  
2 tablespoons shortening  
 $\frac{3}{4}$  cup milk or half milk  
    and half water  
Makes 14 medium size  
    biscuits.

Sift together flour, baking powder and salt. Add shortening and mix in thoroughly with steel fork. Add liquid slowly to make soft dough. Roll or pat out with hands on floured board to about one-half inch in thickness. Cut with biscuit cutter, first dipped in flour. Place on slightly greased pan—set aside in very cold place until ready to bake—or bake immediately in hot oven (475° F.) 10 to 12 minutes. If a shorter biscuit is desired, use 3 or 4 tablespoons shortening.

## TEN DELICIOUS VARIATIONS OF THE MASTER RECIPE

Take 1 cup whole wheat or graham flour and 1 cup white flour, 1 tablespoon granulated or brown sugar and proceed exactly as in the Master recipe, baking about 14 minutes. All whole wheat or graham flour can be substituted for the white flour, if desired.

Makes 14 biscuits.

**WHOLE  
WHEAT  
or  
GRAHAM  
BISCUIT**

Proceed exactly as in Whole Wheat Biscuit, adding one more tablespoon sugar,  $\frac{1}{2}$  cup chopped pecan or walnut meats to dry ingredients. If desired a pinch of chopped nuts can be put on top of each before baking.

Makes 14 biscuits.

**NUT  
BISCUIT**

Add  $\frac{1}{2}$  cup chopped dates or seeded raisins and one more tablespoon sugar to dry ingredients and make exactly as Whole Wheat Biscuit.

Makes 14 biscuits.

**FRUIT  
BISCUIT**

Follow Master recipe, using 3 teaspoons Royal Baking Powder instead of 4, and add 1 tablespoon sugar to the dry ingredients. Mix 1 egg with  $\frac{1}{2}$  cup water and use for liquid instead of  $\frac{3}{4}$  cup milk, and proceed exactly as indicated in that recipe.

Makes 14 biscuits.

**GOLDEN  
TEA  
BISCUIT**

*Use level measurements for all materials.*

**LIGHTNING  
BISCUIT**

Follow Master recipe using more milk to make soft dough. Drop by spoonfuls on greased baking pan or in muffin tins and bake immediately in hot oven (475° F.) for 10 minutes. Makes 15 biscuits.

**BRAN  
BISCUIT**

Follow recipe for Golden Tea Biscuit using  $1\frac{1}{4}$  cups flour and  $\frac{3}{4}$  cup bran. Roll to  $\frac{1}{8}$  inch thick and bake about 15 minutes. Makes 14 biscuits. (Sugar may be omitted.)

**VIRGINIA  
BISCUIT**

Add 1 tablespoon sugar to dry ingredients in Master recipe and replace all shortening with peanut butter, mixing in the peanut butter exactly as you would plain shortening. Makes 14 biscuits.

**INDI-  
VIDUAL  
SHORT-  
CAKES**

Follow recipe for Golden Tea Biscuit using 4 tablespoons shortening and slightly more liquid to make soft dough. *Omit sugar unless intended for fruit shortcakes.*

Half fill greased muffin *rings* which have been placed on baking pan and bake exactly as indicated in Master recipe. If no rings are available use large biscuit cutter.

These shortcakes split and either buttered or not, as desired, filled with hot creamed chicken or mushrooms are most delicious. They can also be used with any fresh or canned fruits desired.

Makes 6 shortcakes.

**BUTTER  
CAKES  
or  
"OVEN-  
LESS  
BREAD"**

Follow Master recipe rolling biscuits to about  $\frac{1}{2}$  inch thick. Place biscuits on *slightly* greased and very hot griddle or iron frying pan and bake on top of stove until well browned and puffed up; turn and brown other side. Split and butter liberally and send piping hot to table.

Makes 14 biscuits.

**SANDWICH  
or  
PICNIC  
BISCUIT**

Follow Master recipe rolling dough to  $\frac{1}{4}$  inch thick; cut with small cutter; spread half of the rounds with creamed butter, add a thick layer of chopped ham or other meat; cover with remaining rounds; press together and brush tops and sides with milk. Bake in hot oven (475° F.) for 15 minutes.

Makes 12 sandwiches.

*Use level measurements for all materials.*



## OTHER KINDS OF BISCUITS

## ORANGE BISCUIT

- 2 cups flour
- 1 tablespoon sugar
- $\frac{1}{2}$  teaspoon salt
- 4 teaspoons Royal  
Baking Powder
- 3 tablespoons shortening
- $\frac{3}{4}$  cup milk or half milk  
and half water

Sift dry ingredients; add shortening and mix in with fork. Add liquid slowly to make soft dough. Turn out on floured board; roll or pat to  $\frac{1}{2}$  inch thick. Cut out with small biscuit cutter and put on greased pan. Press gently into center of each biscuit a loaf of sugar which has been dipped well in orange juice. Grate a little orange rind on each and bake in hot oven (475° F.) about 15 minutes.  
Makes 15 biscuits.

## EMERGENCY OR SOUR MILK BISCUIT

- 2 cups flour
- 4 teaspoons Royal  
Baking Powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon soda
- 4 tablespoons shortening
- $\frac{3}{4}$  cup sour milk

Sift flour, baking powder, salt and soda together. Melt shortening, add to sour milk and add this liquid to the dry ingredients. Mix to make a soft dough. Turn out on slightly floured board. Roll or pat out to  $\frac{1}{2}$  inch thick. Cut with small biscuit cutter and place on slightly greased pan. Bake in hot oven (475° F.) for 12 minutes.  
Buttermilk can be used instead of sour milk.  
Makes 16 biscuits.

## BUTTERSCOTCH ROLLS

- 2 cups flour
- 4 teaspoons Royal  
Baking Powder
- $\frac{2}{3}$  teaspoon salt
- 4 tablespoons shortening
- $\frac{2}{3}$  cup milk or water
- butter
- brown sugar

Sift dry ingredients; add shortening, mixing it in with a fork (if liquid shortening is used, add with milk). Add milk to make a fairly soft dough. Knead slightly and roll out  $\frac{1}{4}$  inch thick. Spread well with creamed butter and brown sugar. Roll up as for jelly roll; cut in 1 inch pieces. Stand on end in well-buttered gem pans or small greased muffin rings. Bake in hot oven (425° F.) about 15 minutes. If desired, pecan nuts may be sprinkled in before rolling.

Makes 12 rolls or 22 if baked in small rings.

*Use level measurements for all materials.*

## SCOTCH SCONES

- 2 cups flour
- 3 teaspoons Royal Baking Powder
- 1 teaspoon salt
- 2 tablespoons sugar
- 3 tablespoons shortening
- 2 eggs
- $\frac{1}{3}$  cup milk

Sift together flour, baking powder, salt and sugar; add shortening and mix in very lightly. Beat eggs until light; add milk to eggs and add slowly to mixture. Roll out  $\frac{1}{2}$  inch thick on floured board; cut into pieces two inches square and fold over, making them three-cornered; brush with milk; dust with sugar. Bake on greased pan about 25 minutes in hot oven (425° F.).

Makes 15 scones.

## POTATO BISCUIT

- $1\frac{1}{2}$  cups flour
- 4 teaspoons Royal Baking Powder
- $\frac{3}{4}$  teaspoon salt
- 4 tablespoons shortening
- $\frac{1}{2}$  cup cold mashed sweet or white potato
- $\frac{1}{2}$  cup milk

Sift together flour, baking powder and salt. Add shortening and potato, mixing in with the dry ingredients. Add milk to make soft dough. Roll or pat out with hands on floured board to about  $\frac{1}{3}$  inch thick; cut with small cutter; bake on greased pan in hot oven (475° F.) 15 minutes.

Makes 16 biscuits.

## BROWN OR MAPLE SUGAR BISCUIT

- 2 cups flour
- $\frac{1}{2}$  teaspoon salt
- 4 teaspoons Royal Baking Powder
- 4 tablespoons shortening
- $\frac{3}{4}$  cup milk
- brown or maple sugar

Sift dry ingredients into bowl; mix in shortening; add milk to make soft dough. Pat or roll out to  $\frac{1}{4}$  inch thick; cut with small biscuit cutter. Spread with soft butter; then spread thickly with brown or grated maple sugar and a little cinnamon, if desired. Bake on greased pan in moderate oven (400° F.) for 15 minutes. Makes 16 biscuits.

## CHEESE BISCUIT

- $1\frac{1}{2}$  cups flour
- 2 teaspoons Royal Baking Powder
- $\frac{1}{4}$  teaspoon salt
- 6 tablespoons grated cheese
- $\frac{2}{3}$  cup milk

Sift together flour, baking powder and salt; add cheese, mix in lightly; add milk slowly, just enough to hold dough together. Roll out on floured board to about  $\frac{1}{2}$  inch thick; cut with small biscuit cutter. Bake in hot oven (475° F.) 12 to 15 minutes.

Makes 12 biscuits.

*Use level measurements for all materials.*



## OUR FOUR BEST BREADS

Sift  $1\frac{1}{2}$  cups flour, 4 teaspoons Royal Baking Powder,  $1\frac{1}{4}$  teaspoons salt, 2 tablespoons sugar together into bowl; add  $1\frac{1}{2}$  cups graham flour, 1 tablespoon melted shortening, 2 cups milk and beat thoroughly until smooth; put into greased loaf pan; smooth top with melted shortening and bake in moderate oven ( $375^{\circ}$  F.) about one hour. If this bread is allowed to cool in pan, it will be much easier to cut into thin slices for sandwiches.

Makes 1 large or 2 small loaves.

**QUICK  
GRAHAM**

Sift 2 cups flour, 4 teaspoons Royal Baking Powder, 1 teaspoon salt,  $\frac{1}{3}$  cup sugar together into bowl; add  $\frac{1}{2}$  cup peanut butter and mix in well; add  $1\frac{1}{2}$  cups milk and beat thoroughly; put in one large or two small greased loaf pans, smooth top before baking and bake in moderate oven ( $350^{\circ}$  F.) about one hour. If baked in two small pans it will slice just the right size for sandwiches.

Makes 2 small or 1 large loaf.

**PEANUT  
BUTTER**

Sift  $1\frac{1}{2}$  cups flour, 5 teaspoons Royal Baking Powder, 1 teaspoon salt,  $\frac{1}{3}$  teaspoon soda into bowl; mix in  $1\frac{1}{2}$  cups graham flour, 1 cup seeded raisins, or 1 cup pitted and chopped dates, or 1 cup stoned and chopped prunes;  $\frac{3}{4}$  cup chopped nuts. Add  $1\frac{1}{2}$  cups milk to  $\frac{1}{4}$  cup dark molasses and  $\frac{1}{2}$  cup brown sugar. Mix thoroughly and add to the dry ingredients. Grease two 12 oz. Royal Baking Powder tins and two very small oblong pans; fill  $\frac{3}{4}$  full; smooth tops and bake in moderate oven ( $375^{\circ}$  F.) about 1 hour.

Makes 4 small loaves—good size for sandwiches.

**NUT AND  
FRUIT**

Mix thoroughly 1 cup whole wheat or graham flour, 1 cup corn meal, 1 cup rye meal or ground rolled oats, 5 teaspoons Royal Baking Powder and 1 teaspoon salt. Add  $\frac{3}{4}$  cup dark molasses to  $1\frac{1}{3}$  cups milk and add to dry ingredients. Beat thoroughly and put into greased molds  $\frac{2}{3}$  full. Steam  $3\frac{1}{2}$  hours; remove covers and bake in moderate oven ( $400^{\circ}$  F.) until top is dry.

Makes 2 medium size or 3 small loaves.

**ROYAL  
BOSTON  
BROWN**

*Use level measurements for all materials.*

## THE ROYAL MASTER RECIPE FOR MUFFINS

2 cups flour  
3 teaspoons Royal  
Baking Powder  
1 tablespoon sugar  
 $\frac{1}{2}$  teaspoon salt  
2 eggs  
1 cup milk  
4 tablespoons melted  
shortening

Sift together flour, baking powder, sugar and salt; add eggs, milk, melted and cooled shortening to make a stiff batter; mix all together well. Half fill greased muffin tins and bake in moderate oven (400° F.) 18 to 20 minutes.

Makes 14 muffins.

## TEN DELICIOUS VARIATIONS OF THE MASTER RECIPE

### BLUE- BERRY MUFFINS

Add 3 tablespoons sugar to 1 cup washed and well drained blueberries; sprinkle with flour and add to batter in Master recipe. Half fill small greased muffin *rings* or tins and bake in moderate oven (375° F.) for 30 minutes. Canned blueberries carefully drained can also be used.

Makes 24 small muffins.

### CORN MEAL MUFFINS

Follow Master recipe using  $\frac{3}{4}$  cup corn meal and  $1\frac{1}{4}$  cups flour instead of all flour; add 1 tablespoon more sugar (or omit all sugar) and use 1 egg instead of 2.

Makes 12 muffins.

### CRUMB MUFFINS

Take 2 cups stale bread crumbs and 1 cup flour instead of 2; add crumbs to other dry ingredients and follow Master recipe.

Makes 12 muffins.

### GINGER MUFFINS

Sift  $\frac{1}{4}$  teaspoon soda,  $\frac{1}{2}$  teaspoon ginger with dry ingredients in Master recipe; use  $\frac{1}{2}$  cup molasses and  $\frac{1}{2}$  cup milk instead of 1 cup milk; 1 egg instead of 2; and 2 more tablespoons shortening, and bake in slower oven (375° F.). Serve hot with butter.

Makes 16 muffins.

*Use level measurements for all materials.*



Follow Master recipe using 1 egg instead of 2 and little less milk. Flour  $\frac{2}{3}$  cup chopped and pitted dates or seedless raisins and add to batter.

**DATE OR  
FRUIT  
MUFFINS**

For a sweet fruit muffin add  $\frac{1}{4}$  cup more sugar

For a delightful variety use  $\frac{1}{2}$  cup finely chopped candied cherries and citron instead of above fruit.

Makes 12 muffins.

To the muffin batter of Master recipe add 2 teaspoons poppy seeds and bake as directed.

**POPPY  
MUFFINS**

Makes 12 muffins.

Follow directions for Master recipe using 1 cup graham flour and 1 cup white flour; 1 egg instead of 2; 4 teaspoons Royal Baking Powder instead of 3; and 2 tablespoons sugar instead of 1.

**GRAHAM  
GEMS**

Makes 12 gems.

To muffin batter in Master recipe stir in 4 tablespoons raspberry jam.

**RASPBERRY  
DAINTIES**

Strawberry or other jam can be used in the same way.

Makes 14 muffins.

Add 2 more tablespoons sugar to Master recipe and stir  $1\frac{1}{2}$  squares ( $1\frac{1}{2}$  oz.) grated chocolate in batter just before putting in tins.

**CHOCOLATE  
MUFFINS**

Makes 14 muffins.

Follow Master recipe using 1 egg instead of 2; omit shortening and add  $\frac{1}{2}$  cup shredded cocoanut. Bake in small greased muffin tins.

**COCOANUT  
MUFFINS**

Makes 24 small muffins.

*Use level measurements for all materials.*

## OTHER KINDS OF MUFFINS

## BRAN MUFFINS

- $\frac{3}{4}$  cup bran  
 $1\frac{1}{4}$  cups graham flour or  
 equal parts graham  
 and white flour  
 $\frac{1}{2}$  teaspoon salt  
 3 teaspoons Royal  
 Baking Powder  
 2 tablespoons brown  
 sugar or dark  
 molasses  
 1 egg  
 3 tablespoons shortening  
 $\frac{3}{4}$  cup milk

Mix all dry ingredients well together; add egg, melted shortening, molasses (if used) and milk to make a soft batter. Beat well until thoroughly mixed. Half fill each greased muffin tin and bake in hot oven (425° F.) about 20 minutes. (Sugar or molasses can be omitted.)

This is as delicious as well as most wholesome muffin.

Makes 12 muffins.

## CEREAL MUFFINS

- $\frac{1}{2}$  cup cooked hominy,  
 oatmeal, rice or  
 other cereal  
 $\frac{1}{2}$  teaspoon salt  
 2 tablespoons shortening  
 1 egg  
 $\frac{1}{2}$  cup milk  
 $1\frac{1}{2}$  cups flour  
 2 tablespoons sugar  
 4 teaspoons Royal  
 Baking Powder

Mix together cereal, salt, melted shortening, beaten egg and milk. Add flour and sugar which have been sifted with baking powder; beat well. Bake in greased muffin tins in moderate oven (400° F.) 25 to 30 minutes.

Makes 14 muffins.

## PECAN MUFFINS

- 1 cup graham flour  
 1 cup flour  
 4 tablespoons brown  
 sugar  
 $\frac{3}{4}$  teaspoon salt  
 4 teaspoons Royal  
 Baking Powder  
 $\frac{1}{2}$  cup chopped pecan nuts  
 1 cup milk  
 1 egg  
 4 tablespoons shortening

Mix together dry ingredients; add nuts, milk, egg and melted shortening and beat well. Half fill each greased muffin tin or small muffin *ring*; put half pecan on each muffin and bake in hot oven (425° F.) about 18 minutes.

Makes 12 muffins or 24 if baked in small muffin rings.

*Use level measurements for all materials.*



## POPOVERS

- 1 cup flour
- $\frac{1}{4}$  teaspoon salt
- 2 eggs
- 1 tablespoon melted shortening
- 1 cup milk

Sift together flour and salt. Make a well in flour, break eggs into well, add shortening and milk and stir until smooth. Grease gem pans and fill each  $\frac{2}{3}$  full with batter and put into slow oven (350° F.) for 20 minutes; increase heat to 450° for 10 minutes; reduce heat and allow to dry out for about 10 minutes. Makes 10 popovers.

## POTATO FLOUR PUFFS

- 2 eggs
- $\frac{1}{2}$  teaspoon salt
- 1 tablespoon sugar
- $\frac{1}{2}$  cup white potato flour or potato starch
- 3 teaspoons Royal Baking Powder
- 3 tablespoons ice water

Beat egg whites stiff and dry. Add salt and sugar to beaten yolks and fold into whites. Sift flour and baking powder twice and thoroughly beat into egg mixture. Add ice water last. Bake in greased gem pans in a moderate oven (375° F.) 15 to 20 minutes.

Makes 8 small or 6 large puffs.

## CRUMPETS

- 2 eggs
- $1\frac{1}{2}$  cups milk
- 4 tablespoons melted shortening
- 1 teaspoon salt
- 1 tablespoon sugar
- 4 teaspoons Royal Baking Powder
- $2\frac{1}{2}$  cups flour

Add beaten eggs and milk to melted shortening and beat well. Add salt, sugar and baking powder sifted with the flour. Put greased muffin *rings* (large size) on hot slightly greased griddle or frying pan; fill each  $\frac{2}{3}$  full with batter; cook slowly until brown and puffed up; turn and cook other side. Split while hot, butter and serve with cottage cheese.

Makes 12 crumpets.

## GOLDEN BANTAM MUFFINS

- 2 cups golden bantam corn cut from cob
- $\frac{1}{4}$  cup milk or  $\frac{1}{2}$  cup if corn is dry
- 2 eggs
- 2 cups flour
- 3 teaspoons Royal Baking Powder
- 1 teaspoon salt
- $\frac{1}{8}$  teaspoon pepper

Use fresh uncooked corn. Put corn through food chopper; add milk and eggs and beat well; add flour, baking powder, salt and pepper which have been sifted together. Mix and drop into hot greased muffin tins. Bake in hot oven (400° F.) about 25 minutes. Other corn can be used if available.

Makes 16 muffins.

*Use level measurements for all materials.*

## FRENCH MUFFINS

1½ cups flour  
½ teaspoon salt  
2 teaspoons Royal  
    Baking Powder  
1 egg  
3 tablespoons shortening  
½ cup honey  
1 cup rich milk or thin  
    cream

Sift flour, salt and baking powder together; add beaten egg, shortening which has been melted, and honey. Add milk to make soft batter and mix well. Half fill each well-greased muffin tin and bake in moderate oven (375° F.) about 20 minutes.

Makes 12 muffins.

## GEORGIA SALLY LUNN

½ cup butter or other  
    shortening  
½ cup sugar  
2 eggs beaten well but  
    not separately  
1 cup milk  
2 cups flour  
4 teaspoons Royal  
    Baking Powder  
¾ teaspoon salt

Cream butter and sugar well; add eggs and milk a little at a time alternately with the flour which has been sifted with baking powder and salt. Bake in greased shallow pan so that Sally Lunn is about an inch and one-half thick when baked or in greased muffin pans in hot oven (425° F.) 20 to 25 minutes. Cut in squares and butter while hot.

Makes 10 servings or if baked in small tins, 18 muffins.

*Use level measurements for all materials.*

## WRITE FOR A COPY OF THE ROYAL COOK BOOK

*It contains over 350 tested, excellent recipes covering the whole field of cookery. It will be sent to you free of all charge.*

THE ROYAL BAKING POWDER CO.

106 East 41st Street

New York City



## SIMPLE AND DELICIOUS SUNDAY NIGHT SUPPERS

### *FOR COLD WEATHER*

Mushroom Patties  
Hot Cheese Biscuits—Coffee

Crab Newburg—Hot Graham Gems  
Orange Pekoe Tea

Poached Eggs with Béarnaise Sauce  
Brown Bread Sandwiches  
Tea or Coffee  
Preserved Strawberries  
Hot Scones

Creamed Oysters in Patty Shells  
Peas and Butter  
Saratoga Chips  
Hot Corn Meal Muffins  
Tea or Coffee

Molded Vegetable Salad  
Cheese Soufflé—Hot Sally Lunn  
Coffee

Chicken à la King  
Nut and Fruit Bread with butter  
Coffee or Tea

### *FOR HOT WEATHER*

Hot Biscuits—Honey  
Ice Cold Milk

Fruit Salad with Mayonnaise  
Hot Crumpets with Cottage Cheese  
Iced Coffee

Baked Tomatoes with Eggs  
on Toast  
Hot Sour Milk Biscuits  
Orange Pekoe Tea  
Raspberries or Peaches with Cream

Sweetbreads au Gratin with Spinach  
in Ramekins  
Hot Butter Cakes  
Iced Tea

Clam Bouillon  
Lobster Salad  
Graham Bread Sandwiches  
Hot Coffee

Individual Hot Chicken Shortcake  
Avocado Salad with  
Roquefort Dressing  
Brown Bread Sandwiches  
Iced Coffee



# Absolutely Pure



Made from Cream of Tartar, derived from Grapes,  
adds none but healthful qualities to the Food.

Contains no Alum - Leaves No Bitter Taste.